



Dear Primary Care Provider,

Thank you for providing care for our team member. Our team member is involved in Fit Livin', a wellness program, through his/her employer. As part of the Fit Livin' program, team members are incentivized to see their physician annually for a physical and to get appropriate health care screens and preventative care. The following list serves to educate our team member and to assist you, the provider, in initiating appropriate discussions on topics relevant to our team member.

We ask that you sign the form and return it to the team member so that we may provide them with their incentive for completing an essential step in their health and well-being. Your signature is to serve as proof of their visit and not to imply complete evaluation for all the following health issues. We thank you for your assistance in providing excellent care to our team member.

Sincerely,
Fit Livin'

(Team Member Name Printed)

(Date)

As determined by your Healthcare Provider, health care screens and preventative care may include discussion, evaluation, or treatment for any of the following:

General Health Risks

- Obesity
- Hypertension
- High Cholesterol
- Diabetes
- Osteoporosis

Vascular Disease

- Heart Disease Screening – EKG, stress test
- Carotid Disease Screening
- Abdominal Aortic Aneurysm Screening

Immunizations

- Childhood Immunizations
(Hep B, RV, DTap, Hib, PCV, IPV, MMR, Varicella, Hep A)
- HPV
- Meningococcal
- Influenza (annually)
- Tetanus /Pertussis update
- Zoster (@ age 60)
- Pneumonia Vaccine PPSV (@ age 65 or if risk factors)

Infectious Disease

- Gonorrhea & Chlamydia
- HIV
- Tuberculosis

Cancer

- Cervical - Pap Smear
- Breast – Breast Exam / Mammogram
- Colon - Stool for blood / Colonoscopy
- Prostate - Prostate Exam / PSA
- Skin – Skin Exams

Mental Health

- Depression
- Tobacco Use
- Substance or Alcohol Abuse
- Domestic Abuse
- Eating Disorders

Lifestyle

- Exercise
- Diet
- Sleep
- Safe Sex
- Dental Check ups
- Eye Doctor visits
- Pregnancy / Prenatal Care
- Accident Prevention
(seat belts, helmets, hand washing, proper lifting, sunscreen)

Concerning Symptoms

- Chest pain
- Shortness of Breath
- Unintentional Weight Loss

Please support Fit Livin' and explain the importance of eating a healthy nutrient rich diet and exercising on a daily basis

The above named Team Member has seen his/her primary Healthcare Provider and had an opportunity to discuss appropriate health care screens and preventative care as it relates to his/her health.

(Provider Signature)

(Date)